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COMMUNITY CALENDAR

Redefining Health Care

Free, Walk-in Blood Pressure Screenings

W: Aug. 21, Sep. 18, Oct. 16; 9 am – 12 noon
TP: Sep. 4, Oct. 2, Nov. 6; 9 am – 12 noon
Or visit any Lake Health Urgent Care Center
during regular hours.

Label Reading Tours

Learn how to interpret food labels. Space is
limited; registration required.

Giant Eagle, Chardon: Sept. 1, 6:30 pm
Giant Eagle, Willoughby Hills: Oct. 6, 6:30 pm
Giant Eagle, Madison: Nov. 10, 6:30 pm
Giant Eagle, Willoughby: Dec. 2, 6:30 pm

Cardiac Rehabilitation

Individually tailored education and exercise
sessions for people recovering from a heart
attack, congestive heart failure, angina, angio-
plasty, or coronary bypass surgery. For more
information, call 440-953-6017 or 440-354-1856.

Pulmonary Rehabilitation

Overcome the obstacles of lung disorders.
For more information, call 440-953-6000 or
1-800-454-9800.

Free Support Groups

Breast Cancer Support Group
LUICC: Aug. 25, Sep. 22, Oct. 27; 6:30 – 8 pm

Epilepsy Support Group
W: Sep. 8, Oct. 13; 6:30 – 8:30 pm

IDEAS Diabetes Support Group
W: Sep. 21, Oct. 19; 6:30 pm

Mended Hearts Cardiac Support Group
W: Sep. 1, Oct. 6; 7 pm

Man to Man Prostate Support Group
LUICC: Sep. 9, Oct. 14; 6 – 7:30 pm

Pulmonary Support Group
MC: Sep. 3, Oct. 1; 1 – 2:30 pm

Stroke Survivor Support Group
TP: Aug. 25, Oct. 27; 6 – 7:15 pm

These are ongoing programs.

For information or to register for other programs and
classes, go to www.lakehealth.org or call the Best of
Health Line at 440-953-6000 or 1-800-454-9800.

Key: \$ Fee

Please Register	TP TriPoint Medical Center
Call for Details	LUICC Lake/University Ireland Cancer Center
W West Medical Center	MC Mentor Campus

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national origin, age, sex, or disability.

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CHECK THE WAIT TIMES BEFORE COMING TO THE ER

Do you want to know the wait time*
before coming to the Emergency
Department? Follow Lake Health on
Twitter at @LakeHealth and you will
receive regular updates regarding
ER wait times at West and TriPoint
medical centers.

Every two hours, we will send one
update with the wait times at both
ERs. We will also send occasional
tips, such as when you should visit
an ER versus an urgent care.

**Wait times based on arrival to bed*

This Issue's Healthy Recipe: Garden Potato Salad

To download this or other healthy recipes in
our archives, become a fan of Lake Health on
Facebook or visit lakehealth.org. We post a
new recipe each week, along with health tips.

Recipe from <http://www.nhlbi.nih.gov/health/public/heart/other/syah/garpotsa.htm>



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